

Martial Arts

To read more about our Martial Arts classes, please view our detailed descriptions on-line at www.CarlsbadConnect.org.

Karate-JKA Shotokan

Adult

Introduces adult students to the physical and psychological benefits of an authentic martial-art training environment. Participants learn basic karate techniques and concepts for self defense that build strength, coordination and flexibility. Special emphasis is placed on increasing physical, mental and emotional endurance as students improve their self-discipline and confidence, along with developing strategies to reduce stress and deal with conflict.

Wed = Harding Community Center: Recreation Hall
Sat = Harding Community Center: Auditorium

Instructor: Edmond Otis & Associates **Age: 13Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38714	6:00-7:00pm	W	Sep 10-Oct 29	15c	\$96/\$106
	11:00am-12:15pm	Sa			
38730	6:00-7:00pm	W	Nov 1-Dec 31	15c	\$96/\$106
	11:00am-12:15pm	Sa			

Adult: Advanced

Students work towards developing their mastery of the basic techniques, while continuing to learn a more sophisticated range of techniques, forms, and principles. Our unique social skills focus includes: etiquette, social awareness, risk assessment, verbal and nonverbal communication strategies and the effective use of body language. PLEASE NOTE: An additional seminar will be scheduled for senior advanced students on Saturdays from 2-5 pm once every 6 weeks. Dates TBA by the instructor.

Wed = Harding Community Center: Recreation Hall
Mon/Sat = Harding Community Center: Auditorium

Instructor: Edmond Otis & Associates **Age: 13Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38715	4:45-6:15pm	M	Sep 8-Oct 29	22c	\$120/\$130
	5:30-7:00pm	W			
	10:00am-12:15pm	Sa			
38731	4:45-6:15pm	M	Nov 1-Dec 31	23c	\$120/\$130
	5:30-7:00pm	W			
	10:00am-12:15pm	Sa			

Youth: Beginning

Introduces students to basic karate techniques and forms for self defense that build strength, coordination and flexibility. Special emphasis is placed on providing tools for developing self discipline and confidence, along with skills for dealing with peer pressure, conflict and bullying. Children younger than 7 may be able to register with instructor approval only.

Harding Community Center: Auditorium

Instructor: Edmond Otis & Associates **Age: 7Y - 12Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38716	4:00-4:45pm	M	Sep 8-Oct 27	15c	\$96/\$106
	8:30-9:30am	Sa			
38732	4:00-4:45pm	M	Nov 1-Dec 29	15c	\$96/\$106
	8:30-9:30am	Sa			

Youth: Intermediate

Develops a mastery of the basic techniques, while introducing more advanced ideas and techniques for sparring and self defense. More intense training allows students to increase their physical, mental and emotional endurance.

Wed = Harding Community Center: Recreation Hall
Sat = Harding Community Center: Auditorium

Instructor: Edmond Otis & Associates **Age: 7Y - 12Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38723	4:00-5:30pm	W	Sep 10-Oct 29	15c	\$96/\$106
	10:00-11:00am	Sa			
38733	4:00-5:30pm	W	Nov 1-Dec 31	15c	\$96/\$106
	10:00-11:00am	Sa			

Youth: Advanced

Students continue learning a more complex range of techniques and forms as they continue to master fundamental principles. PLEASE NOTE: An additional seminar will be scheduled for senior advanced students on Saturdays from 2:00-5:00 pm once every 6 weeks. Dates TBA by the instructor.

Wed = Harding Community Center: Recreation Hall
Mon/Sat = Harding Community Center: Auditorium

Instructor: Edmond Otis & Associates **Age: 7Y - 12Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38724	4:45-6:15pm	M	Sep 8-Oct 29	22c	\$120/\$130
	4:30-6:00pm	W			
	9:30-11:00am	S			
38725	4:45-6:15pm	Sa	Nov 1-Dec 31	23c	\$120/\$130
	4:30-6:00pm	W			
	9:30-11:00am	Sa			

Karate-Shotokan

Adult: Beginning-Advanced

Beginning students are introduced to training in an authentic martial arts environment as they learn karate techniques. Through discipline and perseverance the student progresses through the ranks. The student will be introduced to Kobudo and Jui Jitsu helping the student to complete their martial arts training offering the student an opportunity to train with multiple martial arts. As the student progresses in skill, knowledge and conditioning the student will learn more advanced forms, sparring and self defense techniques. Students are periodically given the opportunity to demonstrate increasing proficiency in order to earn more advanced belts and ranks.

Stagecoach Community Center: Activity Room

Instructor: Sean Langlais Age: 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38734	8:00-9:15pm	M/W	Sep 8-Oct 18	17c	\$69/\$79
	11:00am-12:15pm	Sa			
	12:45-2:00pm	Su			
38741	8:00-9:15pm	M/W	Oct 20-Dec 20	26c	\$69/\$79
	11:00am-12:15pm	Sa			
	12:45-2:00pm	Su			

Youth: Beginning-Advanced

Beginning students are introduced to training in an authentic martial arts environment as they learn karate techniques. Through discipline and perseverance the student progresses through the ranks. The student will be introduced to Kobudo and Jui Jitsu helping the student to complete their martial arts training offering the student an opportunity to train with multiple martial arts. As the student progresses in skill, knowledge and conditioning, the student will learn more advanced forms, sparring and self defense techniques. Students are periodically given the opportunity to demonstrate increasing proficiency in order to earn more advanced belts and rank.

Stagecoach Community Center: Activity Room

Instructor: Sean Langlais Age: 6Y - 13Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38742	7:05-8:15pm	M/W	Sep 8-Oct 18	17c	\$69/\$79
	9:45-11:00am	Sa			
38743	7:05-8:15pm	M/W	Oct 20-Dec 20	26c	\$69/\$79
	9:45-11:00am	Sa			

Kendo: Japanese Swordsmanship

Beginning

Modern Kendo, literally translated 'the way of the sword', began with the samurai warriors of Japan and influenced Japanese culture for several centuries. Japanese swordsmanship was known by other names such as Ken Jutsu (sword art) and Batto Jutsu (striking sword art) and primarily developed as a method of combat. The method of practice and purpose has changed with the changing needs of the people, but Kendo continues to develop character, self-discipline, respect and physical fitness.

Harding Community Center: Recreation Hall

Instructor: Ted Mason Age: 8Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38744	3:00-4:30pm	Su	Sep 7-Oct 26	8c	\$40/\$50
38745	3:00-4:30pm	Su	Nov 2-Dec 28	9c	\$40/\$50

Advanced

Experienced students wearing armor will pair up and practice attack and defense techniques using a shinai.

Harding Community Center: Recreation Hall

Instructor: Ted Mason Age: 8Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38746	4:30-5:30pm	Su	Sep 7-Oct 26	8c	\$40/\$50
38747	4:30-5:30pm	Su	Nov 2-Dec 28	9c	\$40/\$50

Self Defense Workshop for Teens

This workshop will give teens the power and knowledge to be in control of their safety. Topics covered will be situational self-defense techniques and tricks to get away, awareness and avoidance skills, true stories and statistics, and ways to handle aggressive behavior. Instructor Leah Snead has a background in martial arts and self-defense.

Calavera Hills Community Center: Activity Room

Instructor: Leah Snead Age: 14Y - 18Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38564	12:00-3:00pm	Sa	Sep 27	1c	\$35/\$45
38565	12:00-3:00pm	Sa	Oct 25	1c	\$35/\$45

Stagecoach Community Center: Activity Room

Instructor: Leah Snead Age: 14Y - 18Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38566	1:00-4:00pm	Sa	Nov 15	1c	\$35/\$45

Soo Bahk Do Karate

Beginning

Soo Bahk Do is a Martial Art practiced as a form of self-defense. Through the practice of Soo Bahk Do, one may achieve a high degree of mental, spiritual and physical well being. Soo Bahk Do, a systematic form of exercise which has been in existence for centuries, develops muscle conditioning, coordination, discipline, self control, confidence and self respect.

Calavera Hills Community Center: Activity Room

Instructor: Ted Mason Age: 8Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38748	6:30-7:30pm	Th	Sep 11-Oct 30	8c	\$40/\$50
38749	6:30-7:30pm	Th	Nov 6-Dec 18	6c	\$40/\$50

Intermediate

Students that are able to perform the basic techniques that were taught in the beginning class, are taught more advanced methods.

Calavera Hills Community Center: Activity Room

Instructor: Ted Mason Age: 8Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38750	7:30-8:30pm	Th	Sep 11-Oct 30	8c	\$40/\$50
38751	7:30-8:30pm	Th	Nov 6-Dec 18	7c	\$40/\$50